

**PROBATIONARY BLACK WHITE**

**Partner-Work Register:**

80 x **3 MINUTE** rounds of padwork, partner work, shadow boxing, Bagwork. Equates to an average of 7 rounds per week.

To be practiced IN or out of class, or at home. Record below and submit this form with your grading form prior to grading.

Rounds: W1 \_\_\_ W2 \_\_\_ W3 \_\_\_ W4 \_\_\_ W5 \_\_\_ W6 \_\_\_ W7 \_\_\_ W8 \_\_\_ W9 \_\_\_ W10 \_\_\_ W11 \_\_\_ W12 \_\_\_ TOT **80 Rnds**

**Progress Check 1**

Three Battles (21-22) : Roundhouse Block x 2.

Two prepared defences for each of the following 6 attacks:

Knife Self Defence (held)	1. Front Neck	2. Front Chest	3. Front Stomach
Knife: Defence to attacks	4. Strike 1	5. Strike 2	6. Strike 5

Revision of full syllabus

**Progress Check 2**

Three Battles ALL

Two prepared defences for each of the following 3 attacks:

Knife Self Defence (held)	7. Rear Chest	8. Rear Lumbar	9. Rear Throat
Knife - Continuous Free Attack	1 x 2 mins		

Revision of full syllabus

**Progress Check 3**

Revision of full syllabus

Pushups & Situps 100 of each

Self Defence:	1) North - South	1) BJJ rules with submission	2) Streetwise (no rules)
	2) High Mount	1) BJJ rules with submission	2) Streetwise (no rules)
	3) White - Current	Prepare & Demonstrate set defences as specified per belt.	

**Grading Includes:**

Grade a student It is a grading requirement for you to grade a lower level student.

Sparring 5 x 3 min

Thai Pads (with Shin & Belly Pad) 3 x 3 min

**Belt Theme: PURPOSE**

"A ship is safe in harbor, but that's not what ships are for." - *William Shedd (1820-1894) - Theologian*

"Life without a purpose is a dull, spiritless, drifting thing... we ought to review our purpose in life regularly."

"My heart is a gypsy - continuously searching for a home, fighting within itself, wondering whether it is weak, or even right for that matter, to be searching in the first place. Loneliness is what it feels like..."

You have been training for four years now. Your have climbed a long ladder from which most of your classmates have fallen.

You have achieved many goals along the way, but one of the biggest, your quest for Black Belt, stands in front of you, only 6 months away.

Martial Arts has become an integral part of your life... it has influenced your purpose, direction, health and friendships.

But what will happen to your purpose, mind-set and dedicated training / teaching, after you achieve Black Belt?

Is Black Belt your only driving force and purpose, or is Martial Arts now in your soul and part of you forever?

It is now time to make a firm decision about your goals, dreams and purpose 'Beyond Black Belt'.

Just like most of your classmates fell off the Martial Arts ladder along the way, most who make it to Black Belt fall off soon after achieving it, and their skills, fitness and positive mind-set regress rapidly, often all the way back down to as low as Yellow belt level.

However realise, Black Belts is the completion of 'basic training' and the ladder continues to the Master's levels and beyond.

Consider 2nd Degree Black Belt: The 'Internationally Recognised Black Belt' level through the World Kickboxing Association.

Also consider passing on, giving back your knowledge, skills and experience to up-and-coming students through teaching, whether that be as an assistant or some day a main instructor. If this interests you speak with Sensei about future possibilities which will renew your martial goals and interests for the future.